



## Patient Newsletter

www.vineyardmedicalcentre.com.au

2-6 Sussex Court,  
Sunbury, 3429.  
Ph: 9216 5600  
Fax: 9216 5699



The clinic will be closed on the 9<sup>th</sup> of June for the King's Birthday.

For any or all emergencies, please call 13 Sick or 000



As of the 1<sup>st</sup> of July, our GP fee's will be increasing. Please see second page for further information.

### Health Awareness – Bowel Cancer

#### June is Bowel Cancer Awareness Month

Bowel cancer is the second deadliest cancer in Australia, claiming more than 100 lives every week. But the good news? It's also one of the most treatable cancers if detected early.

Early detection saves lives. If you're aged 50-74, you may be eligible for a free home screening test every two years through the National Bowel Cancer Screening Program. Don't ignore these warning signs:

- Changes in bowel habits (diarrhoea or constipation)
  - Blood in your stool
- Persistent abdominal pain, cramps, or bloating
  - Unexplained fatigue or weight loss

Talk to your GP about symptoms, your risk factors, and available screening options. Even if you're younger than 50, bowel cancer can still affect you.

For more information, resources, and support, visit [www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org)

Together, we can raise awareness, encourage screening, and help save lives.



#### Katie McKenzie – Psychologist

##### Couples Counselling

Trained by the renowned Gottman Institute, Katie is excited to introduce Couples Counselling into our list of services!

Couples counselling can help partners improve communication, navigate conflict, rebuild trust, and deepen emotional connection. Using research-based methods, sessions provide a safe space to strengthen your relationship—where you're facing challenges or simply want to grow together!

To book your next appointment, call the clinic today!





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### New Fee's Starting July 1<sup>st</sup>

#### Private Patients, Children and those over 65 without a valid concession:

Today Medicare rebates do not cover the full cost of providing you with medical care. This is because the rate at which successive governments have indexed the Medicare Schedule fees has been substantially lower than increases in the Consumer Price Index (CPI) and average weekly earnings.

The reality is that Medicare rebates do not cover the cost of providing you with a safe and high-quality service. The fees charged by this practice have to cover all of our practice costs including the employment of doctors, receptionists and practice nurses, and meet our operating expenses such as rent, medical equipment, electricity, computers and insurance.

It is not possible for this practice to meet our running costs each year without increasing our fees.

From **1st July 2025** our practice will be charging you the following fees for our most common services & these payments are required on the day:

#### Private Children Rebate

Brief Consultation (Item 3) \$87.00

Standard Consultation (Item 23) \$115.00

Consultations > 20 minutes (Item 36) \$170.00

Consultations > 40 minutes (Item 44) \$220.00

Patients 65 years and older who hold a valid Pensioner Concession Card or a valid Health Care Card are eligible for **Medicare rebate + \$40 gap** on the day of their consultation.

Children 15 years and younger are eligible for **Medicare rebate + \$50 gap** on the day of their consultation.

**Please note we no longer offer a \$10 discount to patients 16-64 years with a valid pension or concession card.**

We have a TYRO facility available at reception. Once full payment is made for your consultation TYRO enables us to deposit the Medicare rebate back into a Cheque or Savings account using your card. This process is extremely quick and efficient.

The Medicare rebate will be updated as soon as Medicare release this data closer to July 1st



Patients 65 years and older who hold a valid Pensioner Concession Card or a valid Health Care Card are eligible for **Medicare rebate + \$40 gap** on the day of their consultation.

Patients who hold the following card will attract the private fee on the day of their consultation



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# STAFF PROFILE

## *The Fox Effect*

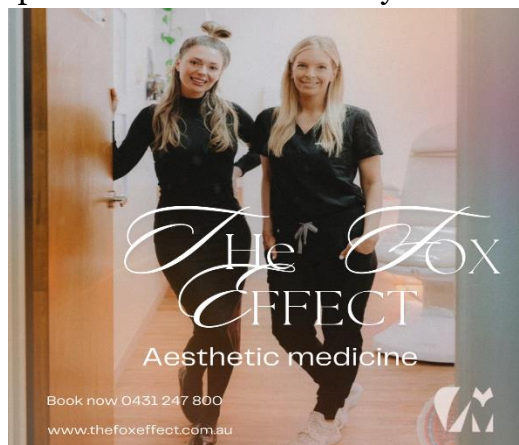
We're excited to share that The Fox Effect, our trusted aesthetic clinic, is now offering services right here at Vineyard Medical Centre. Led by a highly trained and passionate team of registered clinicians, The Fox Effect focuses on helping you feel informed, confident, and refreshed – without ever compromising on safety, professionalism, or natural outcomes.

Whether you're looking to enhance your features, reduce signs of ageing, or find out more about aesthetic medicine, The Fox Effect offers a range of non-surgical aesthetic treatments tailored to your individual goals. Some of the most popular services include:

- Wrinkle & Fine Line Management – Smooth out fine lines and wrinkles with effective, natural-looking results.
- Jaw Pain/Masseter Management – For jaw clenching, grinding or bruxism.
- Volume Replacement and Enhancement – Restore volume, hydration. Balance and symmetry to your profile.
- Skin Needling & Mesotherapy – Boost your skin's radiance with treatments designed to improve texture, pigmentation, tone, and hydration.
- Clinical-Grade Skin Care – Access personalised skincare plans and products backed by science and proven results with our wide range of Synergie Skin products (Australian owned and made).
- Consultations & Treatment Plans – Not sure where to start? The Fox Effect offers thorough consultations to understand your concerns and craft a plan that's right for you.

All treatments are performed in a calm, clinical environment, and consultations are completely confidential. The Fox Effect's philosophy is simple: natural enhancements, personalised results.

Appointments are available on-site at Vineyard Medical Centre, making it easier than ever to incorporate aesthetic care into your wellness journey.





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# Sarah's Crafts

## Glass Bead Suncatcher

### Ingredients:

1. Glass beads
2. Clear glue
3. Plastic lid
4. Needle
5. Fishing line
6. Suction cup hooks



### Method

1. Cover the bottom of a plastic lid with clear glue. Don't fill the entire lid – just add enough to create a thin layer of glue.
2. Press the glass beads into the glue, flat side down. Get creative and make some fun patterns, use different colours. Make sure to add as many beads as you can to fill the entire lid.
3. Allow the glue to dry for 4-5 days. You'll know the glue is dry when it peels away easily from the lid.
4. Once the glue is dry, remove the suncatcher from the plastic lid.
5. Using a thick needle, poke a hole in a thinner part of the glue. Cut approximately 11-12 inches of fishing line and feed it through the newly made hole.
6. Tie a knot in the fishing line and attach it to the hook of a suction cup.
7. Hang your suncatcher in the window and enjoy the colourful light shining through!

